

# MOOVE TO LOW-FAT MILK

## Introduction

**Get dairy products in your day.**



Dairy products such as milk, yogurt, and cheese are a great source of important nutrients necessary for strong teeth and bones.

WIC provides dairy products like milk and cheese because they are an important part of a healthy diet.

Starting in October 2009, the WIC food package will no longer offer whole milk as an option for adults and children over age two. Families will still have the option of purchasing reduced-fat, low-fat, and skim milk.

This lesson explains why WIC is making this change and how to prepare for the change. It includes information on the benefits of low-fat milk and how to transition your family to low-fat milk.

## Section 1: Why Moove to Low-Fat Milk?

**You get the same nutrition with lower fat.**



Low-fat milk has the same protein and nutrients as whole milk, with less fat and fewer calories.

All milk is loaded with nine essential nutrients including calcium, Vitamin D, and Vitamin A.

### Where's the fat?



Adults and children two years and older do not need the extra fat from reduced-fat (2%) or whole milk.

Too much saturated fat can increase blood cholesterol, which can build up and clog your arteries and cause heart disease.



One cup of whole milk contains the same amount of saturated fat (5 grams) as bacon, doughnuts, or cheeseburgers.



## Low-fat and fat-free milk are healthy choices.



Drink low-fat (1%) or fat-free (skim) milk instead of whole milk.

They have less than 2.5 grams of saturated fat per serving compared to 5 grams found in one serving of whole milk.

	Low-Fat (1%) Milk	Whole Milk
<b>Saturated Fat (g)</b>	2	<b>5</b>
Total Fat (g)	2	8
Calories	100	150

Adults should have no more than 20 grams of saturated fat a day.

*Just 1 cup of whole milk has 5 grams of saturated fat –  
that's ¼ of your daily budget of saturated fat!*

## Low-Fat Milk



Low-fat milk can be:

- 1 % milk, or
- fat-free milk or skim milk.

\*2% milk is considered reduced fat, not low-fat.

## Research supports it.



Children who drink 2 cups of low-fat (1%) milk instead of whole milk will cut almost 10 pounds of fat from their diet in one year!

## Low-fat milk tastes great!



The taste of low-fat milk is similar or equal to whole milk.

In taste tests, WIC moms don't notice a big difference between low-fat and whole milk.

## Vitamin D is found in all milk.



Sometimes whole milk is called Vitamin D milk, but don't let that confuse you when you buy milk at the store.

Low-fat milk is fortified with the same amount of Vitamin D as whole milk.

## Section 2: Add Low-Fat Milk to Your Family's Diet

Each of these low-fat dairy foods is a great source of calcium!



- 1 cup of low-fat milk
- 1 cup of low-fat yogurt
- 2 slices of reduced-fat or low-fat cheese (1 ounce)
- 1 cup of low-fat pudding

There are easy ways to incorporate low-fat dairy into meals.



- Prepare soups with low-fat milk.
- Add low-fat cheese to any sandwich.
- Use low-fat milk on cereal.
- Add low-fat cheese to an omelet.
- Top fruit with low-fat yogurt or cottage cheese.
- Blend low-fat yogurt and frozen fruit for a healthy smoothie.

## Set a good example for your family.



If you or your child is used to drinking whole milk, it's helpful to make the transition to low-fat or fat-free milk one step at a time.

1. First, mix whole milk with low-fat milk (1%).
2. Over a week or two, slowly mix more low-fat (1%) milk and less whole milk.
3. Now that you have made the move to low-fat milk, keep going to fat-free (skim) milk!
4. Mix low-fat milk (1%) with fat-free milk (skim).

Soon, your family will be drinking fat-free milk!

## Shopping for milk can be confusing.



There are so many types of milk:

- whole
- low-fat
- reduced-fat
- fat-free
- extra-protein
- extra-calcium
- hormone-free
- ultra-pasteurized and more



## What type of milk is best for you and your family?

Fat Free Milk	
Nutrition Facts	
Serving Size 1 cup (240 mL)	
Servings Per Container 8	
Amount per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Cholesterol <5mg	1%
Sodium 115mg	5%
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein 8g</b>	<b>16%</b>
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

Use the Nutrition Facts label to choose the best milk.

Look at “Total Fat” when choosing milk. Adults and children age 2 years and older should drink milk with no more than Total Fat of 0-2.5 g (grams).

## What if you can't drink milk?

If you're sensitive or intolerant to milk, choose foods that have the same amount of calcium as milk. Each of these servings is equivalent to 1 cup of milk:

- 1 cup of calcium-fortified soy milk
- 1 cup of calcium-fortified orange juice
- 1 cup of cooked spinach, collard greens, or turnip greens
- 1 cup of lactose-reduced milk

Make sure you let your WIC nutritionist know if you or your children have a problem drinking milk. They may be able to offer you an alternative in your food package.

More good sources of calcium:

- broccoli
- canned salmon
- tofu (made with calcium sulfate)
- nonfat yogurt
- cheese





## Section 3: How much and what type of milk is best for you and your family?

### How much milk do you need?



You and your child may need less milk than you think to reach your daily requirement.

Don't forget to count that serving that you put in your cereal!

### How many servings of milk do you need?

Match your child's age with the amount of milk recommended.

Age	Recommended amount per day	Recommended type of milk
Children 12-24 months	1 ½ – 2 cups	Whole milk
Children 2-8 years	2 cups	Low-fat or fat free
Adults and children 9 years and over	3 cups	Low-fat or fat free

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**Continue**

Adapted with permission from the Texas WIC Program.